

## Jonas Åström

Se detaljerad information och personbästatider

Gren: 100m Frisim (25) Personbästa: 00:55.11 AQUA-poäng: 542 Datum: 2009-01-31 Tävling: NUSS äldre 25m 2009

| Tid      | AQUA | Omgång | Datum      | Tävling                      |
|----------|------|--------|------------|------------------------------|
| 00:55.11 | 542  | Final  | 2009-01-31 | NUSS äldre 25m 2009          |
| 00:55.21 | 539  | Final  | 2009-03-07 | Proton Cup 2009              |
| 00:55.30 | 536  | Final  | 2008-11-30 | SIM à LUND GUL Challenge     |
| 00:55.54 | 529  | Final  | 2008-04-26 | Proton Open                  |
| 00:55.64 | 526  | Final  | 2008-10-12 | Litho-Cup 2008               |
| 00:55.68 | 525  | Final  | 2009-03-21 | UGP 2                        |
| 00:55.76 | 523  | Final  | 2009-03-07 | Proton Cup 2009              |
| 00:55.80 | 522  | Final  | 2009-01-10 | JDM - Östsvenska             |
| 00:55.88 | 520  | Final  | 2007-11-25 | SIM à LUND GUL Challenge     |
| 00:56.11 | 513  | Final  | 2009-04-25 | Knattiaden 2009              |
| 00:56.23 | 510  | Final  | 2008-04-26 | Proton Open                  |
| 00:56.29 | 508  | Final  | 2008-09-27 | Jönköpings Simmaraton        |
| 00:56.59 | 500  | Final  | 2007-04-14 | Proton Open                  |
| 00:56.89 | 492  | Final  | 2006-04-08 | Proton Open                  |
| 00:57.12 | 487  | Final  | 2007-10-22 | Ungdoms GP 4                 |
| 00:57.21 | 484  | Final  | 2006-10-27 | Neptunschwimmfest            |
| 00:57.26 | 483  | Final  | 2007-04-14 | Proton Open                  |
| 00:57.30 | 482  | Final  | 2005-10-22 | SUM-SIM Region 7 - 2005      |
| 00:57.34 | 481  | Final  | 2005-11-27 | SUM-SIM RIKSFINAL 2005 (25m) |
| 00:57.36 | 480  | Final  | 2007-03-24 | UGP2-LSS POÄNGCUP 2007       |